

Liggos Trail Run 2023 ΔΙΑΔΡΟΜΗ 5km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 5KM	FINISH 5KM
1	1	1	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	1054	Greek	MIXALIS RARRAS	-	ΣΔΙ	0:00:01.607(00:00:00)	0:23:05.670(00:23:04)
2	2	2	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	1076	GR	ATHANASIOS SKORDAS	-		0:00:02.724(00:00:00)	0:24:09.534(00:24:06)
3	3	3	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	1022	Greek	XRISTOS SIRMAKESIS	-		0:00:00.184(00:00:00)	0:24:22.410(00:24:22)
4	4	1	M18-39	Male	1016	Greek	GIORGOS KAKAVAS	-		0:00:03.204(00:00:00)	0:25:43.610(00:25:40)
5	5	2	M18-39	Male	1015	Greek	ANASTASIOS BAROUTAS	-	DeropoliRun	0:00:10.234(00:00:00)	0:25:52.960(00:25:42)
6	6	3	M18-39	Male	1073	GRE	IASONAS STALIKAS	-		0:00:02.724(00:00:00)	0:26:00.857(00:25:58)
7	7	4	M18-39	Male	1025	Greek	ALEXANDROS FOTIADIS	-		0:00:04.614(00:00:00)	0:27:00.814(00:26:56)
8	8	1	M50+	Male	1019	Greek	GIORGOS DALIANIS	-		0:00:02.077(00:00:00)	0:28:26.147(00:28:24)
9	9	5	M18-39	Male	1013	Greek	THOMAS IOANNIDIS	-		0:00:04.397(00:00:00)	0:28:59.570(00:28:55)
10	10	6	M18-39	Male	1091		THOMAS SPYROS	-		0:00:02.850(00:00:00)	0:29:39.114(00:29:36)
11	11	7	M18-39	Male	1050	Greek	ATHANASIOS MPILAS	-	360 PERSONAL	0:00:04.397(00:00:00)	0:30:04.850(00:30:00)
12	12	8	M18-39	Male	1009	Greek	CHRISTOS RAPTIS	-		0:00:04.854(00:00:00)	0:30:05.290(00:30:00)
13	13	9	M18-39	Male	1017	Greek	EVANGELOS DRAKOS	-	Μορφωτικός σύλλογος Θεσπρωτικού	0:00:03.530(00:00:00)	0:30:38.924(00:30:35)
14	14	2	M50+	Male	1088		XRISTOS KOLLIAS	-		0:00:05.944(00:00:00)	0:30:39.430(00:30:33)
15	15	1	ALL	Male	1098		PAIKAS SPYROS	-		0:00:14.970(00:00:00)	0:31:03.524(00:30:48)
16	16	3	M50+	Male	1029	Greek	GERASIMOS MALANDRINOS	-	360 PERSONAL	0:00:04.854(00:00:00)	0:31:40.640(00:31:35)
17	17	10	M18-39	Male	1003	Greek	SOKRATIS KOURLIS	-		0:00:02.057(00:00:00)	0:32:09.540(00:32:07)
18	18	11	M18-39	Male	1077		NIKOLAOS SKORDAS	-		0:00:02.724(00:00:00)	0:32:45.564(00:32:42)
19	19	12	M18-39	Male	1058	Greek	APOSTOLOS PAPANOTIS	-	ΣΔΙ	0:00:05.660(00:00:00)	0:33:38.047(00:33:32)
20	1	1	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	1057	Polish	MAZURKIEWICZ BEATA	-	ΣΔΙ	0:00:02.550(00:00:00)	0:33:55.754(00:33:53)
21	20	13	M18-39	Male	1047	Greek	ORESTIS ZIAVROS	-	360 PERSONAL	0:00:08.654(00:00:00)	0:34:26.157(00:34:17)
22	2	2	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	1002	Greek	XRISTINA MALLIOU	-		0:00:02.550(00:00:00)	0:34:28.367(00:34:25)
23	3	3	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	1031	Greek	KATERINA MASTORA	-	360 PERSONAL	0:00:05.944(00:00:00)	0:34:32.340(00:34:26)
24	21	1	M40-49	Male	1012	Greek	LEYTERIS DOKOS	-		0:00:05.944(00:00:00)	0:35:19.884(00:35:13)
25	22	14	M18-39	Male	1035	Greek	NIKOLAOS FOUKAS	-	360 PERSONAL	0:00:08.654(00:00:00)	0:35:54.337(00:35:45)
26	23	15	M18-39	Male	1038	Greek	KONSTANTINOS MOURKAS	-	360 PERSONAL	0:00:08.654(00:00:00)	0:35:55.750(00:35:47)
27	24	4	M50+	Male	1023	Greek	DIMITRIS PAPAIOANNOU	-	AUTOLINEA	0:00:05.944(00:00:00)	0:36:12.154(00:36:06)
28	25	2	M40-49	Male	1021	Greek	XENOFON BAZAS	-		0:00:07.080(00:00:00)	0:36:16.454(00:36:09)
29	26	5	M50+	Male	1079		LOUKAS MARTINIS	-		0:00:05.660(00:00:00)	0:37:23.307(00:37:17)

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30	27	16	M18-39	Male	1095		ELEYTHERIOS KOUTSIKOS	-		0:00:11.524(00:00:00)	0:37:58.040(00:37:46)
31	28	17	M18-39	Male	1037	Greek	SOTIRIS MOURKAS	-	360 PERSONAL	0:00:07.704(00:00:00)	0:38:03.950(00:37:56)
32	4	1	W40-49	Female	1020	Greek	MARIANTHI KAPSALI	-		0:00:08.654(00:00:00)	0:38:17.307(00:38:08)
33	5	2	W40-49	Female	1059	Greek	MARIA KEFALA	-	ΣΔΙ	0:00:03.204(00:00:00)	0:38:20.257(00:38:17)
34	6	3	W40-49	Female	1070	Greek	IOANNA SIOTOU	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:12.174(00:00:00)	0:38:28.474(00:38:16)
35	7	1	W50+	Female	1062	Greek	EFI TZIMA	-	ΣΔΙ	0:00:03.204(00:00:00)	0:38:38.867(00:38:35)
36	29	6	M50+	Male	1004	Greek	KONSTATINOS GITSAS	-		0:00:11.524(00:00:00)	0:38:39.990(00:38:28)
37	8	2	W50+	Female	1084		VASILIKI LETSIOY	-		0:00:05.944(00:00:00)	0:38:59.700(00:38:53)
38	9	3	W50+	Female	1032	Greek	ELENI DIMITRIOU	-	360 PERSONAL	0:00:00.017(00:00:00)	0:39:22.337(00:39:22)
39	30	7	M50+	Male	1078		PETROS KARATHANASIS	-		0:00:03.530(00:00:00)	0:39:31.217(00:39:27)
40	31	3	M40-49	Male	1081		THEOFANIS STRATIS	-		0:00:07.080(00:00:00)	0:39:39.747(00:39:32)
41	32	18	M18-39	Male	1096		EYAGGELOS PAPAPOPOULOS	-		0:00:12.877(00:00:00)	0:39:59.430(00:39:46)
42	10	4	W50+	Female	1055	Greek	KALLIOPI ZOI	-	ΣΔΙ	0:00:08.654(00:00:00)	0:40:07.630(00:39:58)
43	33	19	M18-39	Male	1094		SOKRATIS DIMOS	-		0:00:12.514(00:00:00)	0:40:49.534(00:40:37)
44	34	8	M50+	Male	1090		TRAXANAS SPYROS	-		0:00:10.720(00:00:00)	0:41:24.667(00:41:13)
45	11	5	W50+	Female	1030	Greek	VIRGINIA PALLA	-	360 PERSONAL	0:00:08.654(00:00:00)	0:42:10.214(00:42:01)
46	12	4	W40-49	Female	1043	Greek	MARIA MPAIRAMPA	-	360 PERSONAL	0:00:11.944(00:00:00)	0:42:18.520(00:42:06)
47	35	20	M18-39	Male	1005	Greek	STAVROS TSOURAS	-		0:00:08.654(00:00:00)	0:42:18.787(00:42:10)
48	13	1	W18-39	Female	1065	Greek	KONSTANTINA TASSI	-		0:00:05.944(00:00:00)	0:44:42.664(00:44:36)
49	14	6	W50+	Female	1028	Greek	KONSTANTINA MANTZIOU	-	360 PERSONAL	0:00:03.204(00:00:00)	0:44:48.137(00:44:44)
50	15	2	W18-39	Female	1006	Greek	ROZA OUSTA	-		0:00:11.524(00:00:00)	0:44:48.137(00:44:36)
51	36	21	M18-39	Male	1068	Greek	ANTONIOS SOULTIS	-		0:00:10.390(00:00:00)	0:44:50.774(00:44:40)
52	37	22	M18-39	Male	1069	Greek	ADRIANOS SOULTIS	-		0:00:10.390(00:00:00)	0:45:06.167(00:44:55)
53	38	23	M18-39	Male	1093		ALEXANDROS XRISTOPOULOS	-		0:00:12.260(00:00:00)	0:45:18.800(00:45:06)
54	39	24	M18-39	Male	1092		VASILIS GKELES	-		0:00:11.524(00:00:00)	0:45:19.237(00:45:07)
55	16	3	W18-39	Female	1080		THEODORA XARALAMPOU	-		0:00:16.020(00:00:00)	0:45:21.570(00:45:05)
56	17	5	W40-49	Female	1083		FANH ROUKOU	-		0:00:12.174(00:00:00)	0:45:45.124(00:45:32)
57	18	4	W18-39	Female	1052	Greek	VASILIKI AYGERI	-	360 PERSONAL	0:00:11.180(00:00:00)	0:45:58.264(00:45:47)
58	19	6	W40-49	Female	1051	Greek	STELLA PRATARAKI	-	360 PERSONAL	0:00:10.720(00:00:00)	0:45:59.490(00:45:48)
59	20	7	W40-49	Female	1066	Greek	ALEXANDRA KONTAXI	-		0:00:10.234(00:00:00)	0:46:53.097(00:46:42)
60	40	4	M40-49	Male	1067	Greek	TILEMACHOS SOULTIS	-		0:00:12.227(00:00:00)	0:46:56.067(00:46:43)
61	21	8	W40-49	Female	1008	Greek	EIRINI DEMERTZI	-		0:00:17.984(00:00:00)	0:47:19.834(00:47:01)

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62	22	7	W50+	Female	1061	Greek	BASILIKI TSOUNI	-	ΣΔΙ	0:00:03.204(00:00:00)	0:47:24.014(00:47:20)
63	41	5	M40-49	Male	1034	Greek	DIMITRIOS FOUKAS	-	360 PERSONAL	0:00:10.234(00:00:00)	0:47:24.680(00:47:14)
64	42	6	M40-49	Male	1027	Greek	EYAGGELOS MOURKAS	-	360 PERSONAL	0:00:09.020(00:00:00)	0:47:26.324(00:47:17)
65	43	25	M18-39	Male	1097		THOMAS PAPADOPOULOS	-		0:00:12.754(00:00:00)	0:47:30.370(00:47:17)
66	23	5	W18-39	Female	1046	Greek	ELLI THEODOROU	-	360 PERSONAL	0:00:07.597(00:00:00)	0:48:21.860(00:48:14)
67	24	6	W18-39	Female	1072	GRE	ELENI KOUGKOULI	-		0:00:05.944(00:00:00)	0:49:17.207(00:49:11)
68	25	9	W40-49	Female	1044	Greek	DESPOINA LIAKOU	-	360 PERSONAL	0:00:12.227(00:00:00)	0:49:52.090(00:49:39)
69	26	8	W50+	Female	1024	Greek	NIKOLETTA GIATRAKOU	-	Skywomen running team	0:00:15.067(00:00:00)	0:50:16.490(00:50:01)
70	44	9	M50+	Male	1089		SPYRIDON NTAKOULAS	-		0:00:13.684(00:00:00)	0:51:16.410(00:51:02)
71	45	26	M18-39	Male	1036	Greek	EYAGGELOS FOUKAS	-	360 PERSONAL	0:00:08.654(00:00:00)	0:52:14.377(00:52:05)
72	27	9	W50+	Female	1033	Greek	OLYMPIA STEFANIDI	-	360 PERSONAL	0:00:08.654(00:00:00)	0:52:33.104(00:52:24)
73	46	27	M18-39	Male	1087		FOTIS KAZIANIS	-		0:00:13.247(00:00:00)	0:52:52.384(00:52:39)
74	28	10	W50+	Female	1085		ARETI AGGELI	-		0:00:13.340(00:00:00)	0:52:52.710(00:52:39)
75	47	10	M50+	Male	1086		GEORGIOS KAZIANIS	-		0:00:15.657(00:00:00)	0:52:52.820(00:52:37)
76	48	28	M18-39	Male	1007	Greek	TILEMACHOS TZINEROS	-		0:00:19.424(00:00:00)	0:53:36.074(00:53:16)
77	29	11	W50+	Female	1082		VASILIKI THEODORAKOPOULOU	-		0:00:13.440(00:00:00)	0:56:17.664(00:56:04)
78	30	10	W40-49	Female	1018	Greek	GEORGIA DRAKOU	-	Μορφωτικός σύλλογος Θεσπρωτικού	0:00:04.397(00:00:00)	0:59:14.964(00:59:10)
79	31	7	W18-39	Female	1074		MARIA DRAKOU	-		0:00:04.614(00:00:00)	0:59:15.510(00:59:10)
80	32	8	W18-39	Female	1039	Greek	NIKOLETA KARAKOULA	-	360 PERSONAL	0:00:08.654(00:00:00)	1:08:20.747(01:08:12)
81	33	12	W50+	Female	1040	Greek	AFRODITI TSINTA	-	360 PERSONAL	0:00:08.654(00:00:00)	1:08:21.730(01:08:13)
82	34	11	W40-49	Female	1048	Greek	GEORGIA KARAMPOUKOUKI	-	360 PERSONAL	0:00:04.854(00:00:00)	1:08:33.224(01:08:28)
83	35	13	W50+	Female	1049	Greek	ELENI KATSOU	-	360 PERSONAL	0:00:04.854(00:00:00)	1:08:38.267(01:08:33)
84	36	12	W40-49	Female	1026	Greek	ERMIONI KATSOULI	-	360 PERSONAL	0:00:09.397(00:00:00)	1:08:38.824(01:08:29)